



## President's Message

How quickly the year is passing. If you're like me, you're wondering how can it already be December!?! We've wrapped up our annual Fall Sports Medicine Symposium, Awards Banquet, and Business Meeting and

I'm happy to say that it was a success on many levels. I'd like to thank our Education Committee and the Student Representatives for all of their work planning the meeting. We had several highly rated presentations and heard topics for the professions including:

- Treatment of Acute and Chronic Achilles Tendon Injuries
- Development of the Knee Symmetry Evaluation Instrument: Implications for Rehabilitation
- Introduction to Sports Psychology
- Evidence-Based Electrical Stimulation for Pain Management
- Current Concepts in the Management of Shoulder Injuries
- What's New in the World of Concussions In Indiana: A Panel Discussion
- Business Development Opportunities in Athletic Training
- History of Treatment and Current Concepts in the Rehabilitation of ACL Injuries
- Rehabilitation of Articular Cartilage Injuries
- Evaluation and Management of Neural Tension (Learning Lab)
- Use of Video Analysis in the Assessment of Throwing Injuries (Learning Lab)
- Integration of the Functional Movement System into an Athletic Training Setting (Learning Lab)
- Breakout sessions for: High School, College/University, Clinic/Industrial, Young Professionals, and Educators

*Continued on next page.*

## DECEMBER 2012

### *Indiana Athletic Trainers Association*

[WWW.IATA-USA.ORG](http://WWW.IATA-USA.ORG)

The IATA is recognized by the Indiana State Medical Association Commission on Sports Medicine and the Governor's Council for Physical Fitness and Sports Medicine.

## INSIDE THIS ISSUE

(Click On Link)

- [President's Message](#)
- [2012 Fall Meeting Recap](#)
- [Thank You to Our Sponsors](#)
- [Fall Meeting Reaction from a UIndy Student](#)
- [Fall Meeting Reaction from Kayte Clark](#)
- [Quiz Bowl & Student Skills Challenge](#)
- [IATA Current Research](#)
- [GLATA Research Committee](#)
- [HEA 1467 Update](#)
- [An AT's Perspective on NFL Game Day](#)
- [NCAA Division I Swimming and Diving Announcement](#)
- [Getting to Know Brian Murphy](#)
- [Getting to Know Julie Reinking](#)
- [Getting to Know Renae Bomar](#)

## Upcoming Issue

Content Due	Newsletter Out
December 15	January 1
<i>Date Subject to Change</i>	

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**eNEWS**

For information covered in this electronic newsletter or to submit articles or ideas, please contact the IATA Communications Chair:

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*jzuercher@purdue.edu*

**Memorials**

Please forward all notices of memorials to:

Alice Wilcoxson, PhD, LAT, ATC  
*wilcoxso@purdue.edu*

**President's message continued.**

The students had a completely separate program and heard presentations on:

- On-the-Field vs. In-the-Facility Evaluation of Injured Athletes
- Professionalism in Athletic Training
- Use of Social Media for the Athletic Trainer
- Student Case Study Presentations
- Graduate School Options: Panel Discussion
- Association Archiving: Persevering the Past to Educate the Future

We had a total of 350+ attend the meeting, including a strong showing by athletic training students from all ten athletic training programs. Congratulations to the University of Indianapolis for their repeat win of the Quiz Bowl and for also winning the inaugural Student Skills Challenge. The Skills Challenge event sparked a new competitive fire amongst the students who attended and was a highlight of the meeting for the students.

I was honored to emcee the Awards Banquet on Saturday night where we recognized our latest awards winners. A very deserving honor was placed on our newest Hall of Fame inductees, Kathy Malone Sparks from IU Health/Methodist Sports Medicine and Connie Pumpelly from the University of Indianapolis. Our 2012 Hall of Fame class share a passion for service and the profession that was so very evident that evening. I want to congratulate the winners of the Athletic Trainers of the Year in all three categories: Sandi Byle from Zionsville High School, Mary Jacobs from Indiana Wesleyan University, and David Hammer from the Indianapolis Colts. The Joe A. Harvey Distinguished Service Award was given to Craig Voll in recognition of the many different service roles he's played throughout the profession at the state, district, and national levels. We gave out the very first Diversity Award to Dr. Katie Grove of Indiana University. This award was introduced this year as a way of recognizing those individuals who are working to promote diversity within the profession and community. President's Awards were given to a collective group of athletic trainers who volunteered their time and expertise to help assist the licensure board in preparing the presentation for continued regulation of the profession to the Regulated Occupations Evaluation Committee (ROEC). These individuals were: Ralph Reiff, Rick Shaw, Paul Plummer, Christine Lauber, Craig Voll, and John Locke. Lastly, Dr. Andrew Saltzman of Tri-State Orthopedics received the ISMA Team Physician of the Year Award. In all, this was a great evening celebrating the accomplishments of our colleagues and supporters.

The format of the meeting changed this year from a Sunday-Monday to Saturday-Sunday and we added several new programming options. We're interested in your feedback! We continue to collate the feedback we've received thus far, but if you didn't get the chance to fill out a feedback form onsite or through the SurveyMonkey link that was sent out, please feel free to email either myself or one of the members of the educational committee. As always, this feedback is important as we move forward planning our meeting for next year. Speaking of next year, please be sure to mark down on your calendars July 12-14, 2013 for the Summer Meeting and October 26-28, 2013 for the Annual Fall Meeting.

All the best,



Scott Lawrance, DHS, LAT, ATC, MSPT, CSCS  
President, Indiana Athletic Trainers' Association

## 2012 Fall Sports Medicine Symposium Recap:

The 2012 Fall Sports Medicine Symposium was a great success! Over 350 individuals attended the two-day event held at the Indianapolis Marriott East. A total of 11.0 CEUs were available with concurrent programming options to allow professionals to choose the educational session that best fit them. Additionally breakout sessions were available for athletic training educators, high school athletic trainers, college and university athletic trainers, and clinic or industrial athletic trainers. The Fall Meeting reception hosted by the Association following the Awards Banquet was well attended and received. Thanks to all who attended the meeting!



Dr. David Porter discusses Achilles Tendon injuries.



Attendees listen to one of the educational sessions.



Participants in the Neural Dynamics learning lab palpate some of the peripheral nerves.



Justin Miller, Larry Leverenz, Kip Smith, and Rick Shaw enjoy time at the reception following the awards banquet.



Attendees get ready for the question and answer portion of the concussion panel discussion presentation.



## Thank You to Our Sponsors:

The IATA would like to thank our corporate sponsors for their support. Without the support of our corporate sponsors, the IATA could not provide funding for education and scholarship programs. Utilizing the products and services that our corporate sponsors provide is a win-win situation for athletic trainers. To all of our corporate sponsors, thank you for supporting the IATA!

You can find a list of our 2013 corporate sponsors in the newsletter or by visiting our website at [www.iata-usa.org](http://www.iata-usa.org). For additional information on corporate sponsorship opportunities, please contact Brian Murphy at [brianmurphy71@sbcglobal.net](mailto:brianmurphy71@sbcglobal.net).

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Click on Sponsor Logo to link to their web site.

Elite Level



St. Vincent Sports Performance

Gold Level



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All-Out Performance



Fall Meeting Reaction from a UIndy Student:



Derek Beeler, ATS  
Hometown: Valparaiso, IN  
Senior Athletic Training Student at University of Indianapolis

Overall, I was impressed with the IATA Fall Meeting. I particularly enjoyed the student sessions and thought they covered important topics. From a student perspective, the IATA Fall Meeting has always been fun because of the quiz bowl. It's easy for me to say I had fun because I was on the winning team, but I think it is always a good time for everybody, even those that are not actively competing. The student skills challenge was also a big hit. It was great to add another competitive element to the meeting. I know that we at the University of Indianapolis enjoyed competing against other Athletic Training Education Programs and I am sure the other schools felt the same way. It is always a win-win for those types of events. We all get to learn something and practice our skills to become better athletic trainers and we all get to have fun in the process.

Also thinking from a student standpoint, I would highly recommend attending the Honors and Awards Banquet. It was an honor to be in the presence of so many highly recognized individuals and the University of Indianapolis was proud to have Connie Pumpelly added to the ranks of so many decorated athletic trainers. She deserves to be in the company of the IATA Hall of Fame without a doubt and from all of us here at the University of Indianapolis: Congratulations! And congratulations to all of the other award winners! Not only do you get to be a part of something special at the Awards Banquet, but you also have great networking opportunities. It means a lot to potential future employers if you simply introduce yourself and start a conversation!



Fall Meeting Reaction from Kayte Clark:

Katye Clark, ATS  
Sophomore Purdue University Athletic Training Student  
Hometown: Frankfort, IN

As a student attending the 2012 Fall IATA Meeting, I thought it was a great experience. The meeting was full of wonderful opportunities for learning and networking with professionals and fellow peers in athletic training. I really enjoyed the wide variety of programs and speakers they had for us. Some of the ones that I found especially interesting were the Avoiding the Professional Pit Falls of Facebook & Twitter by Amanda Andrews-Benson, the discussion panel, and the student case study presentations. The social media presentation was very informative. Most of us use social media on a daily basis, but I had never really

thought of it as a networking tool and a way to get a job. I also found it very useful when she elaborated on the things you want to avoid posting and having on your profile, because employers are looking to see what you have on social media and will consider this before they decide to hire you. During the discussion panel it was great to hear the different views that some of the athletic trainers in different settings have on current issues in the field of athletic training. Lastly, the student case studies were really interesting to listen to because they were rare injuries and surgical cases that were very intriguing, and I enjoyed the fact that they were presented by students like myself.

The quiz bowl and skills challenge were a learning experience for us this year, since none of us had been before. However, they were both really fun to participate in, and now we know what to expect for next year. I also really enjoyed the Awards Banquet. Hearing all of the amazing stories of the different athletic trainers receiving awards really inspired me. Finally, one of my favorite things about the weekend was looking at the program and seeing all of the past and present athletic trainers at Purdue that had won awards or been inducted into the IATA Hall of Fame. It truly did emphasize what a great athletic training program Purdue has, and not only that, but also what great staff and educators we have to learn from in the program as well. I felt very proud and blessed knowing that I am now a part of that strong athletic training tradition at Purdue. Overall I really enjoyed going to the 2012 Fall IATA Meeting. I thought it was a great experience, and I took a lot away from it.



## Quiz Bowl & Student Skills Challenge:

Congratulations to the winners of the 2012 IATA Quiz Bowl, the University of Indianapolis. This is the second year in a row for this team to win and will now move forward to compete in the GLATA Quiz Bowl in March. Members of the winning team from L to R: Derek Beeler, Kevin Gullion, Greg Taylor.



First Place: University of Indianapolis



Second Place: Ball State University



Third place: University of Indianapolis

The Student Skills Challenge was held for the first time this year. The Quiz Bowl has always been a test of student's ability to perform in the classroom, but we all know that athletic trainers have to also be able to perform on the field. Students competed and we judged completing such skills as fastest tapings, progressive balance, palpations, and equipment fittings amongst other skills. This was coupled with the student service activity of collecting items of need for the Ronald McDonald House. Each ATEP was assigned a list of 12 items to bring and teams could earn bonus points for bringing items on their list. The Challenge was a big success and congratulations to the University of Indianapolis ATEP for winning the inaugural Student Skills Challenge. We hope to turn this into an annual event.



Palpations being judged during the Student Skills Challenge



IATA Student Reps taking the donated materials to the Ronald McDonald House

## **IATA Current Research:**

Note to Membership: This feature article expresses the opinion of the author. The article does not represent the opinions of the IATA Executive Board, the IATA, or its membership.

Brad Gerig, IATA President-Elect

In the recent *Journal of Athletic Training* September-October 2012 addition the article titled *Neuromuscular Characteristics of Individuals Displaying Excessive Medial Knee Displacement* was reviewed.

We have all seen athletes present with excessive medial knee displacement during double- legged squatting motion and or with landing from a jump. As athletic trainers, we rehab our athletes from injury and also try to prevent injuries from happening. This article is helpful in both areas as they investigate Medial Knee Displacement (MKD) with an overhead squat to 80 degrees of knee flexion. They used surface EMGs during the testing to measure muscle activation of gluteus maximus, gluteus medius, adductor magnus, medial, lateral gastrocnemius, tibialis anterior with both heels flat, and heels elevated 2 inches. The two groups were assigned by testing the double- legged squat performance. The group where the knees stayed over the toes was the control group, the group where the patella tracked over great toe was assigned to the medial knee displacement group.

Results of the study show no significant difference in muscle activation with the gluteal muscles or hip adductors with heels elevated or flat in either the ascending or descending phase of the squat. However, there was increased gastroc activation by 42% and increased tibialis anterior by 25% in the MKD group compared to the control group during the descending phase of the squat with the heels flat. This co-activation would cause dorsiflexion stiffness therefore contributing to the MKD movement pattern through compensation. The MKD group did have a decrease in muscle activation by 55% in gastrocs and 33% in tibialis anterior with heels elevated on the descending phase of the squat. To apply this study clinically, the authors suggest identifying the neuromuscular problem so the proper exercise prescription can be used to correct the imbalances. They believe if a correction in MKD is made using a 2 inch heel lift in the overhead squat the imbalance is a lower leg imbalance. This could be from lack of dorsiflexion from inflexibility or co-activation of gastrocs and tibialis anterior causing the neuromuscular imbalance. If the heel lift does not correct the MKD the problem could be from imbalance of adductors and glutes. If there is a side to side asymmetry in this movement, it could be from a past ankle injury that has caused ankle ROM loss. This would also be important to address to get symmetrical ROM, strength and balance as this will also affect normal squat and landing mechanics.

The athlete that has MKD corrected by performing the overhead squat with the heels elevated 2 inches, should be given lower leg stretching and strength exercises to correct the neuromuscular dysfunction. In addition, they may simply practice the proper squat exercises with heels elevated and gradually decrease the elevation to heels flat.

I feel this article shows that the overhead squat assessment is a quick tool to direct the exercise prescription for the athletes that present with MKD.

Pauda, DA, Bell, DR, Clark, MA. *Neuromuscular Characteristics of Individuals Displaying Excessive Medial Knee Displacement*. *Journal of Athletic Training*. 2012; 47(5):525-36.

## **GLATA Research Committee:**

### Research Assistance Awards

The GLATA Research committee is now accepting applications for research assistance funds of up to \$1500. To be eligible for these funds you must be a certified member of the GLATA. Two awards are available annually for certified student members. There are two award cycles annually with application deadlines of September 15, 2012, and January 15, 2013. Instructions and the application can be found at <http://www.glata.org/en/research>.



## **HEA 1467 Update and Reimbursement Initiatives:**

Dear IATA Membership,

As you are probably aware, it has been over a year now since HEA 1467 passed through legislation, creating an enormous opportunity for us as a profession to capitalize on reimbursement practices, thus demonstrating our value to the healthcare industry. We have seen some successful reimbursement practices already in this first year and we have experienced some road blocks too. We get a lot of questions such as, “where are we at now with billing?” “Are people getting reimbursed by 3rd party payers?” “Who all is billing for ATC services?” “How are they doing it?”. These are all valid and logical questions to ask as we are in the infancy of our progress with 3rd party payers. To help us get answers to these questions, we first need to know who all is billing for ATC services. Furthermore, these people must be willing to collaborate and share their experiences with fellow ATCs and administrators. We understand that there may be some sensitivity to sharing some of this information, but I want to emphasize that we are not necessarily requesting each to share “best practice methods”, but to share some basic experiences that might help the rest of our profession get on board with billing practices.

Below is some basic information that we would like to collect and share with the IATA membership. If you are not comfortable providing all of the information, but would be willing to share name and contact info, that is fine. If interested, please provide the following information, and send it to the IATA central office or myself. I will be collecting the information on a master spreadsheet. Once we get this going, we will place the list on the IATA website to share with the membership. The IATA COR will also use this list to collect information on our successes and road blocks. This way we can approach 3rd party payers and work to smooth out any wrinkles that might be in place.

Employer:

Setting:

Contact:

Contact's Position:

Phone:

Email:

Current Billing Practice: (Incident To, Direct Billing, Other)

As always, please do not hesitate to contact the IATA central office, or call me directly if you have any questions. We thank you for your time and continuous efforts in helping our profession grow.

Sincerely,

Eric Hall 317-817-1268

IATA Revenue Committee Chair

IATA Central Office 317-484-2630

## **An Athletic Trainer Perspective on NFL Game Day:**

Note to Membership: This feature article expresses the opinion of the author. The article does not represent the opinions of the IATA Executive Board, the IATA, or its membership.

Erin Barill ATC, PT  
Director of Rehabilitation, Indianapolis Colts

8:00 am: We arrive at the stadium to get everything set up. It usually takes 30 minutes to set up the field, finalizing the athletic training room and making sure the visiting athletic training room is set and ready. The athletic training staff makes sure we have everything ready for pre-game treatments and taping needs. We utilize 3 staff ATC's, 2 PT/ATC's, and 2 season long ATC interns. We will also bring in 2 student interns to help us.

9:00 am: The first group of players start showing up at the stadium. We do a lot of hands on manual techniques with our players prior to the game. We each try to schedule times for players that we will work pre-game. We usually start with some type of warm up activity followed by soft tissue work and joint mobilization. We will stretch them and put them through some muscle activation exercises. Each guy will have his own individualized pre-game plan that we follow. We will continue to work with players for the next 3 hours until noon. In addition to the manual therapy techniques the guys will also get taped or braced as needed. We continue to promote hydration throughout the whole process. Occasionally we will have guys that are game time decisions. In these cases we have to get the player ready and make a decision on whether he can play 90 minutes prior to the start of the game. This is an NFL rule. We have 53 guys on the squad and only 46 can dress for the game.

12:00 pm: The players will start heading out to the field to start the pre-game routine. We will have staff out there to help with additional stretching needs and hydration purposes. Guys that are not playing in the game will start a treatment and rehab session in the training room. We try to work on a light rehab day so that we will not miss a day of treatment.

12:40 pm: The players return to the locker room and get any last minute adjustments to equipment and taping. Sometime a player will get stretched or work on some muscle activation exercises.

1:00-4:00 pm: The game starts. We continue to promote hydration the entire game. During the game we utilize a team approach to handle all injury situations. If a player goes down with an injury our Head ATC and another athletic trainer will go on to the field with our Head team physician. They will assess the situation and get them off of the field. We will make decisions on whether they can return. If not we will initiate some form of treatment. After the game we will have the team MD's evaluate all injuries and will send players for immediate MRI's. We will do a quick treatment session and then give the player treatment instructions for the night and will touch base with them the next morning to start the treatment/rehab process. The next day treatment plan is being worked on at this time so that we will be ready to get started the next day.

5:00-6:00pm: Usually by this time the players have been through the athletic training room and have been seen by the staff. We then have to break down the athletic training room and move everything back to the Complex. Since we work on West 56th Street at the Colt Complex, we have to move the athletic training room down to the stadium each week and then move it back after the game. We then set up the athletic training room to be ready for work the next day. Once we are finished setting up, the work day is over.



## **NCAA Division I Swimming and Diving Announcement:**

Looking for volunteer athletic trainers to assist with the 2013 NCAA Division I Swimming and Diving Championships held at the IUPUI Natatorium. Dates are March 19-23 for the Women's week and March 26-30 for the Men's week.

Please email John Locke (jlocke4@indy.rr.com) for those with an interest or questions.



## **Getting to Know Brian Murphy:**



Current position: Clinical Assistant at Methodist Sports Medicine; IATA Finance Committee

Education:

Undergraduate: Purdue University

Graduate School: University of Iowa

Previous Responsibilities (other jobs, positions held on councils, committees, etc.):

Athletic Trainer at Shelbourne Knee Center; Clinical/High School Athletic Trainer Vanderbilt Sports Medicine Center, Assistant Athletic Trainer World League of American Football, Athletic Training Intern New York Jets

IATA Coordinator for Corporate Sponsorships 2008-2011

Special recognition/awards: 2007 IATA Clinical Athletic Trainer of the Year

Family: Wife – Tracy; Kids – Emma and Liam

Describe yourself in 3 words: Handsome, brilliant, and honest

If given a choice to skip work for a day – how would you spend your day?

Hanging out w/ my wife on the patio listening to tunes

Hobbies: Attempting to fix stuff, reading, listening to tunes

What is the craziest thing you have ever done? Killed a rattlesnake

Favorite three musical artists/groups: Zac Brown Band, Jack Johnson, Beyonce

Must have book: The Power of One by Bryce Courtenay

Name 3 individuals you look up to: Terry Murphy, Bill Hall, Aaron Black

## Getting to Know Julie Reinking:



Current position: Graduate Assistant @ Indiana University-Purdue University Fort Wayne

How long have you worked in your current position? 1 year

Education:

Undergraduate: Purdue University

Graduate: Currently Indiana University-Purdue University Fort Wayne

What is your happiest childhood memory?

Learning how to surf on a family vacation in San Diego, California

Describe yourself in 3 words: Outgoing, motivated, goofy

Something people should know about me ...but don't ....

I am a nerd when it comes to books; I enjoy curling up with a good book

Hobbies: Reading, hanging out with friends, spending time outside

Name 3 things from your "Bucket List":

1. Visit and sight see in Europe
2. Visiting Mayan ruins in Mexico
3. Witnessing an Olympic competition

Favorite motivational quote....

"If what you did yesterday still looks big to you, you haven't done much today." –Coach K

What is the one, single food that you would never give up? Chocolate

Favorite musical artists/groups: Rascal Flatts, Kenny Chesney, and Carrie Underwood

Must have book: Quiet Strength By Tony Dungy

Name 2 individuals you look up to in the industry: Jess Lipsett, ATC, DPT, Jeff Stein, ATC, DP

## Getting to Know Renae Bomar:



Current position:

Doctoral student in the Adult, Community, and Higher Educational program at Ball State University and PRN Athletic Trainer at Community Health Network

Time in Current Position:

This is my third year in the doctoral program and two months with Community

Education:

Undergraduate School: Dakota Wesleyan University, Mitchell, SD

Graduate School: Indiana State University, Terre Haute, IN, Ball State University, Muncie, IN

Previous Responsibilities (other jobs, positions held on councils, committees, etc.):

Worked at Hendricks Regional Hospital prior to my employment at Indiana State University. After about 5 ½ years, I moved to Indianapolis to work at the University of Indianapolis for 3 years. This is my 3rd year on the IATA Quiz Bowl committee.

Where were you born? Creighton, NE but lived in Verdigre, NE

Describe yourself in 3 words.... Optimistic, persistent, compassionate

What is the craziest thing you have ever done?

When I was a freshman in college, my dad's Christmas gift to my brother and I was for the three of us to get matching Nebraska Cornhusker tattoos. We kept it a secret from my mom for about three months until she saw my brother's, and he told on the rest of us.

What is the one, single food that you would never give up? Peanut butter (although bananas and ice cream are not far behind)

Favorite three musical artists/groups – AC/DC, Tom Petty, Def Leppard

Must have book ..... Who moved my Cheese

Name 3 individuals you look up to in the industry.... Paul Plummer, Ned Shannon, Marjorie Albohm